DOCUMENT RESUME

ED 277 179 EC 191 384

TITLE	Understanding Sexuality: Unit 3. Parent Education Workbook for Mainstreamed Students. Part I: Relationships. Contemporary Parenting Choices. Module 4.
INSTITUTION	Iowa State Univ. of Science and Technology, Ames. Dept. of Home Economics Education.
REPORT NO	ISBN-0-8138-2502-4
PUB DATE	85
NOTE	60p.; For the other guides in this series, see EC 191 378-393.
AVAILABLE FROM	Iowa State University Press, 2121 South State Ave., Ames, IA 50010 ($3.00).
PUB TYPE	Guides - Classroom Use - Materials (For Learner) (051)
EDRS PRICE	MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	Decision Making; High Schools; *Learning Disabilities; Mainstreaming; *Mild Disabilities; *Mild Mental Retardation; Parenthood Education; Peer Influence; Physiology; Sexual Identity; *Sexuality; Venereal Diseases; Workbooks

ABSTRACT

The 2-part student workbook for mainstreamed learning and mentally disabled high school students contains 12 units intended to provide supplementary instruction in the Contemporary Parenting Choices Curriculum in the home economics class. This unit, the third in the Relationships part of the workbook, focuses on understanding sexuality with individual lessons on what sexuality is, and includes how both males and females become sexually mature, sexual behavior choices, the influence of peers on teenage sexual behavior, responsibilities of a mature sexual relationship, birth control, and sexually transmitted diseases and infections (syphilis, gonorrhea, and herpes). Each lesson typically provides lesson objectives, definitions of key vocabulary terms, workbook activities, a brief discussion of the topic, and a review activity. The material is intended to be used with the special Teachers Guide and the other components of the Contemporary Parenting Choices Curriculum. (DB)

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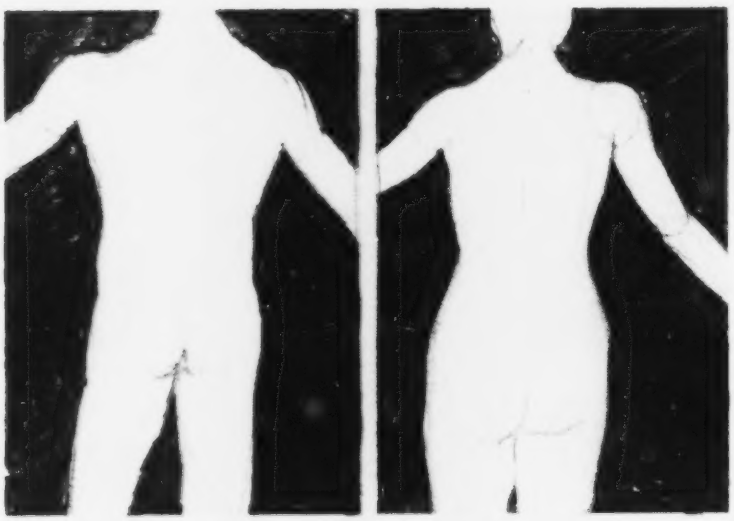
Parent Education Workbook for Mainstreamed Students

PART I / RELATIONSHIPS



contemporary parenting choices lessons

UNIT 3

understanding sexuality

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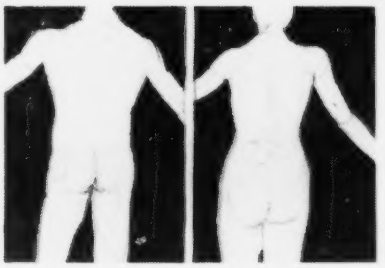
International Standard Book Number 0-8138-2502-4

understanding sexuality



Lesson 1

WHAT IS SEXUALITY?

This lesson will help you to:

1. Define sexuality.
2. Explain that sexual feelings are natural.
3. Identify places and times where it is OK to show sexual feelings.

DO YOU KNOW THESE WORDS?

---

physical contact - touching between 2 people that gives sexual feelings
private - personal
sex drive - wanting to express sexual feelings
sexual behavior - what you say, think and do about sex
sexuality - everything that makes you male or female

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

physical contact _____

_____

private _____

_____

sex drive _____

_____

sexual behavior _____

_____

sexuality _____

_____

****

WHAT IS SEXUALITY?

As you grow up, your body will go through many changes. You will begin having new feelings about yourself and your body. You will begin having new feelings about persons of the other sex. These feelings are a part of your sexuality. They are a natural and normal part of growing up. Everyone has new feelings at this time.

Sexuality means everything that makes you male or female. It includes the way you feel about your body. Your feelings and emotions about sex are another part of sexuality. It includes the reasons two people might be drawn to each other. It also includes the ways people show their sexual feelings to others.

Your sexuality begins when you are born. It is a part of you all your life. You will understand yourself better when you understand your own sexuality. This will also help you understand others and their sexuality.

****

ACTIVITY

What things are part of your sexuality? Check the things that are part of your sexuality.

_____ feelings and emotions about sex

_____ feelings about your body

_____ reasons two people are drawn to each other

_____ ways you show sexual feelings

_____ everything that makes you male or female

****

Most young people wonder about their own bodies and feelings. They want to know if their bodies and feelings are like those of others. It is natural to wonder about yourself and other people. Learning about your sexuality and that of others is good. You will find that everyone has feelings about sex. Not everyone has the same feelings. You may find that your feelings are like some that other people have. You may find that other people's feelings are very different from yours. Many different kinds of feelings about sex are natural.

Your feelings about sex are called your sex drive. The sex drive is a very strong force. It makes you want to express your feelings about sex. People enjoy expressing sexual feelings. There are many things that might cause you to have sexual feelings. Things you see such as pictures or movies might cause you to have these feelings. Things you hear such

as music or sexual words can also have this effect. Touching yourself or others can cause sexual feelings. Thinking or daydreaming about people or sexual things can cause you to have these feelings.

Boys and girls can, but may not, have the same kinds of feelings about sex. Boys often have the same kinds of feelings. Girls, too, have the same kinds of feelings. They often express their feelings about sex in different ways.

Boys usually have a strong sex drive when they are in their early teens. Girls' sex drives usually take longer to develop. They may not have strong sexual feelings until they are older. One reason for this is that boys' and girls' bodies are different.

People enjoy having sexual feelings. They like to express their feelings. Sexual feelings are private feelings. They should be expressed in private places. They should not be shown to strangers or people you don't know very well. Sexual feelings can be shared if two people agree on how and where to show them.

People need to control their sex drives. They need to know how to show their feelings about sex. They need to know what kind of sexual behavior is OK. They need to know when it is OK to show sexual feelings. They need to know to whom they can show sexual feelings.

****

ACTIVITY

Who are some people to whom you could show sexual feelings? Put a check in front of the people it would be all right to show sexual feelings.

_____ parent	_____ waitress
_____ teacher	_____ girlfriend
_____ boyfriend	_____ salesperson
_____ neighbor	_____ husband
_____ wife	_____ brother or sister

****

Sexual behavior means what you say, think and do about sex. There are many different kinds of sexual behavior. Many of them include some kind of physical contact between two people. When two people are involved, they should agree on the kind of sexual behavior. People may choose sexual behavior to show affection to others. They may choose sexual behavior to enjoy the feelings they get from it.

Most kinds of sexual behavior should take place in private. Private places are places where others can't see you or you are alone. Some places are private at times but not private at other times. If your whole family is in the living room, it is not private. If you are there alone it is private. Many people don't approve of public sexual behavior. Public displays of affection can embarrass people who are doing it. It can bother or embarrass people who see the behavior. It is best to show sexual feelings in private places.

****

ACTIVITY

Read the list below. From the list, check the places you think are private places.

Then check yes if you think this would be a place where you would feel OK about expressing sexual feelings.

	Yes
_____ school	_____
_____ bedroom	_____
_____ church	_____
_____ family room	_____
_____ bathroom	_____
_____ city park	_____
_____ grocery store	_____
_____ bus	_____
_____ car	_____

****

KEY IDEAS

SEXUALITY MEANS EVERYTHING THAT MAKES YOU MALE OR FEMALE.

EVERYONE HAS SEXUAL FEELINGS.

MANY KINDS OF SEXUAL FEELINGS ARE NATURAL AND NORMAL.

SEXUAL BEHAVIOR SHOULD TAKE PLACE IN PRIVATE PLACES.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Everything that makes you male or female is called puberty.
T F 2. Sexual feelings are the same for everyone.
T F 3. Sexual behavior should take place in private places.
T F 4. Sexual feelings are felt by males only.
T F 5. Everything that makes you male or female is called sexuality.
T F 6. Sexual feelings are natural and normal.
T F 7. Sexual feelings are felt by females only.
T F 8. Sexual behavior should take place anywhere you want.

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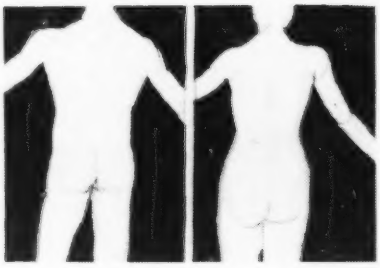

Lesson 2

HOW DO OUR BODIES BECOME SEXUALLY MATURE?

Part 1 Males

This part will help you to:

1. Define puberty.
2. List the changes that happen in boys' bodies during puberty.
3. Describe how the male reproductive system works.
4. List ways to help a male stay sexually healthy.

DO YOU KNOW THESE WORDS?

---

egg - the female cell that makes babies
intercourse - when the male penis is put into the female vagina
penis - male sex organ used for intercourse
pregnant - when a baby is growing inside a woman's body
puberty - the time when one's body changes from a child's to an adult's
pubic - the area of the body around the sex organs
reproductive system - organs of the body used for making babies
semen - a white fluid that contains sperm which comes out of a male's penis
sperm - the male cell that makes babies
testicles - male sex organs that make sperm
vagina - the opening in a female's body that leads to the sex organs inside her body
wet dream - release of semen during sleep

****

ACTIVITY

Use each of the words listed on the first page in a sentence. Write your sentences on the lines below.

egg _____

_____

intercourse _____

_____

penis _____

_____

pregnant _____

_____

puberty _____

_____

pubic _____

_____

reproductive system _____

_____

semen _____

_____

sperm _____

_____

testicles _____

_____

vagina _____

_____

wet dream _____

_____

****

WHAT IS PUBERTY?

All people begin their lives as babies. They grow up to be adults. Their bodies go through many changes as they grow up. The time when one's body changes from a child's to an adult's is called puberty. During puberty, a person's body becomes physically able to make a baby.

Puberty causes many physical changes to happen to one's body. These changes happen over a period of time. They do not happen overnight. The changes can happen at different ages for different people. Most of the changes will happen between ages 12 and 18.

Some of the changes in boys' bodies can be seen. These changes make boys look more like men. Other changes happen inside the body. Some of the changes in a boy's body that happen during puberty are:

*body size increases
*strength increases
*voice deepens
*pubic hair grows
*hair grows on face, underarms, chest

****

ACTIVITY

Read these sentences about puberty. Put a T in front of the sentence if it is true. Put an F in front of the sentence if it is false.

_____ Changes that happen during puberty do not happen overnight.

_____ During puberty a person's body becomes able to make a baby.

_____ Puberty happens at different ages for different people.

_____ Puberty usually happens between 12 and 18 years of age.

_____ Changes in boys' bodies during puberty make them look more like men.

****

WHAT ARE OTHER CHANGES THAT HAPPEN DURING PUBERTY?

Other important changes occur in boys' bodies during puberty. The parts of their bodies that make babies begin to grow and develop.

The parts of a boy's body that make babies are the penis and testicles. These parts are not inside of the boy's body. They are called sex organs.

When a boy is between 12 and 14, the penis and testicles grow larger. When a boy has sexual feelings, his penis may become hard. The penis becomes longer and thicker and sticks out from the body.

When a man's penis is hard or stiff, it can enter a woman's vagina. This is called intercourse. During intercourse a white fluid can come

out of the man's penis. The fluid is called semen. This fluid contains sperm. Sperm is made by the man's testicles. Sperm can make a woman pregnant as it joins an egg in her body.

Sometimes a boy may release semen during his sleep. This is called a wet dream. Many boys have wet dreams. It is natural for a boy to have wet dreams. They happen when a boy has a dream that gives him sexual feelings. Wet dreams are a sign that the parts of his body that make babies are maturing.

****

ACTIVITY

What changes happen in a boy's body during puberty? List three changes that happen in a boy's body.

Changes in Boys

1. _____

2. _____

3. _____

****

HOW CAN MEN STAY SEXUALLY HEALTHY?

Sex organs are important parts of a man's body. It is important that men keep these parts of their bodies healthy. Regular check ups with a doctor can help prevent or treat problems.

When a boy or man has a check up, the doctor can examine his sex organs. This helps to be sure they are normal. The doctor may examine the boy's testicles to check for lumps or tumors. These lumps can be cancer. If the lumps are found when they are small, there is a good chance that the man can be cured.

Regular check-ups are important for men. They are even more important if someone in their family has had sexual health problems. In between check-ups, men should examine their testicles for lumps. This should be done once a month. If a lump is found, the doctor should be called. Finding and treating a lump early is important.

****

ACTIVITY

What are two things a boy or a man should do to be sure he stays sexually healthy? List them below.

1. _____

2. _____

****

KEY IDEAS

PUBERTY MEANS A PERSON'S BODY CHANGES FROM A CHILD TO AN ADULT.

CHANGES DURING PUBERTY MAKE BOYS LOOK MORE LIKE MEN.

SEXUAL CHANGES MAKE BOYS ABLE TO MAKE BABIES.

ONE SIGN THAT A BOY CAN GET A GIRL PREGNANT IS A WET DREAM.

REGULAR CHECK-UPS AND TESTICLE SELF-EXAMINATIONS ARE IMPORTANT FOR A MAN'S SEXUAL HEALTH.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. The changing of a person's body from a child's to an adult's is sexuality.

T F 2. One sign that a boy can get a girl pregnant is having a wet dream.

T F 3. Sexual changes in puberty make boys able to make babies.

T F 4. Changes that occur in puberty make boys look more like men.

T F 5. The changing of a person's body from a child's to an adult's is puberty.

T F 6. Two things that can help a man stay sexually healthy are aspirin and keeping clean.

T F 7. One sign that a boy can get a girl pregnant is big muscles.

T F 8. Two things that can help a man stay sexually healthy are regular check ups and testicle self-examination.

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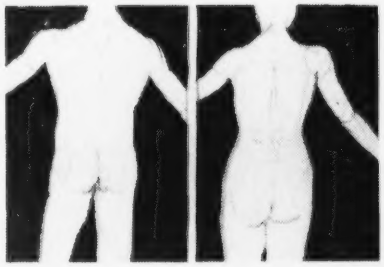

Lesson 2

HOW DO OUR BODIES BECOME SEXUALLY MATURE?

Part 2 Females

This part will help you to:

1. List the changes that happen in girls' bodies during puberty.
2. Describe how the female reproductive system works.
3. List ways to help a female stay sexually healthy.

DO YOU KNOW THESE WORDS?

---

abdomen - area of the body between the chest and hips

egg - the female cell that makes babies

intercourse - when the male penis is put into the female vagina

labia - folds of skin around the vagina

menstrual period - bloody matter that leaves a woman's body each month

ovaries - female sex organs that produce eggs

Pap test - a test for cancer of a woman's sex organs

pelvic examination - an examination to check the size and position of a woman's sex organs

pregnant - when a baby is growing inside a woman's body

puberty - the time when one's body changes from a child to an adult

pubic - the area of the body around the sex organs

reproductive system - organs of the body used for making babies

sanitary napkin - a pad used to absorb bloody tissue that leaves a woman's body during a menstrual period

sperm - the male cell that makes babies

uterus - place in a woman's body where the unborn baby grows

vagina - an opening in the female's body that leads to the sex organs inside her body

vulva - the area between a woman's legs

****

ACTIVITY

Use each of the words listed on the previous page in a sentence. Write your sentences on the lines below.

abdomen _____

_____

egg _____

_____

intercourse _____

_____

labia _____

_____

menstrual period _____

_____

ovaries _____

_____

Pap test _____

_____

pelvic examination _____

_____

pregnant _____

_____

puberty _____

_____

pubic _____

_____

reproductive system _____

_____

sanitary napkin _____

_____

sperm _____

_____

uterus _____

_____

vagina _____

_____

vulva _____

_____

****

HOW DO GIRLS' BODIES CHANGE DURING PUBERTY?

During puberty both girls' and boys' bodies change in many ways. Girls' bodies often begin changing sooner than boys' bodies. Most changes happen between ages 10 and 18.

Some of the changes in a girl's body that happen during puberty are:

---

*breasts grow larger and hips widen
*pubic hair grows
*underarm hair grows
*body size increases

These physical changes give a girl a woman's body.

A girl has sex organs both inside and outside of her body. Vulva is the name for the sex organs outside of a girl's body. The vulva is covered with pubic hair. The vulva includes folds of skin called labia. The labia are around the vagina. The vagina is the opening to the sex organs inside the girl's body.

The parts of a girl's body that make babies are inside her body in her abdomen. They are the uterus and ovaries. Ovaries release an egg each month. If a man's sperm joins with the egg after intercourse, the woman becomes pregnant. A baby will begin to grow.

A sign that a girl can become pregnant is having a menstrual period. A menstrual period is when bloody tissue comes out of a girl's vagina. This happens for a few days each month.

A woman's body is made so she can have a baby grow in her uterus. The bloody tissue builds up in the uterus so a baby can grow there. If a woman gets pregnant, the baby needs the bloody tissue to grow. If a woman is not pregnant, the bloody tissue is not needed. It is released once a month through the vagina. A girl or woman wears a tampon or sanitary napkin to absorb the bloody tissue. A woman does not have menstrual periods when she is pregnant.

Menstrual periods usually begin between ages 10 to 15. They usually last from 3 to 7 days. They usually happen once a month.

****

ACTIVITY

What changes happen in a girl's body during puberty? List three changes that happen in a girl's body.

Changes in Girls

1. _____

2. _____

3. _____

****

HOW CAN WOMEN STAY SEXUALLY HEALTHY?

Sex organs are important parts of people's bodies. It is important that women keep these parts of their bodies healthy. Regular check ups with a doctor can help prevent or treat problems that may be bothering you.

When a girl has a check-up, the doctor may give her a pelvic examination. This helps the doctor check the size and position of her sex organs. This helps to prevent or check on any problems she might have. The doctor will also take a Pap test. This is a simple test for cancer. The test does not hurt.

The doctor will also examine her breasts for lumps or tumors. These lumps may be cancer. If the lumps are found early, there is a better chance that the woman can be cured. Women should examine their breasts. This should be done once a month. The best time to examine breasts is after the menstrual period. If a lump is found, the doctor should be visited

right away. Finding and treating a lump early is very important to a woman's health.

****

ACTIVITY

What are two things a girl or woman should do to be sure she stays sexually healthy? List them below.

1. _____

2. _____

****

KEY IDEAS

CHANGES DURING PUBERTY MAKE GIRLS LOOK MORE LIKE WOMEN.

SEXUAL CHANGES MAKE GIRLS ABLE TO HAVE BABIES.

A SIGN THAT A GIRL CAN BECOME PREGNANT IS HAVING A MENSTRUAL PERIOD.

REGULAR CHECK UPS AND BREAST SELF-EXAMINATIONS ARE IMPORTANT FOR A WOMAN'S HEALTH.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Sexual changes in puberty make girls able to make babies.

T F 2. Two things that are important for a woman's sexual health are menstrual periods and intercourse.

T F 3. A sign that a girl can become pregnant is having pubic hair.

T F 4. Changes that occur in puberty make girls look more like women.

T F 5. Two things that are important for a woman's health are regular check ups and breast self-examination.

T F 6. A sign that a girl can become pregnant is having a menstrual period.

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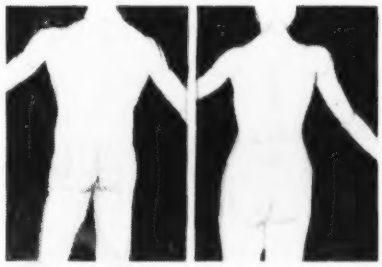


Lesson 3

WHAT SEXUAL BEHAVIOR CHOICES DO YOU HAVE?

This lesson will help you to:

1. Identify sexual behavior choices that you have.
2. Identify things that can affect your sexual behavior choice.

DO YOU KNOW THESE WORDS?

---

intercourse - when the male penis is put into the female vagina
masturbation - touching one's own body to get sexual feelings
morals - values that help you know right from wrong
petting - touching the body of a person of the other sex to get sexual feelings
sexual behavior - ways people show sexual feelings
virgin - a person who has never had intercourse

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

intercourse _____

_____

masturbation _____

_____

morals _____

_____

petting _____

_____

sexual behavior _____

_____

virgin _____

_____

****

WHAT ARE YOUR SEXUAL BEHAVIOR CHOICES?

As a child you enjoyed touching, hugging and kissing your parents and other family members. This physical show of affection felt good. It helped you feel loved and cared for by your family. As a teen, this affection from your family still helps you know they care for you.

Other kinds of touching or hugging and kissing show sexual feelings. Showing physical affection to someone of the other sex can give you these feelings. People show their sexual feelings by the kind of sexual behavior they choose.

Some kinds of physical sexual behavior are:

*hugging
*kissing
*touching
*petting
*intercourse
*masturbation

Some people may choose all of these kinds of behavior. Others may choose some of them. Others may not choose any of them. Any of the choices are all right, if they are right for you. Your values will help you decide what choice is right for you.

Some people don't choose any kind of sexual behavior. They may satisfy their sex drive in other ways. One way you can satisfy your sex drive without sexual behavior is by working hard. Another way is by practicing an active sport. Another way is to get interested in a hobby or other activity.

All people have the right to say "no" to any kind of sexual behavior. They can say "no" if they feel it is not right for them. They can say "no" if they feel they are not ready for it.

For some people, this choice is temporary. They may wait for sexual behavior until they are older. They may wait until they are married. They may wait until they feel it is right for them. Others make this a life-long choice. Some religions set limits or don't allow sexual behavior for people who work for the church. Other people also may make this choice. It is a choice people can make if they wish.

A couple may make a choice about sexual behavior together. They can choose the behavior that helps them show their sexual feelings to each other. A dating couple may choose hugging and kissing to show their sexual feelings. Some engaged couples may choose to have intercourse. Other engaged couples may decide to wait until marriage to have intercourse. They both feel it is important to be virgins when they marry. When a choice is made together, the couple should agree on the choice. Each of them has the right to say "stop" when they feel the behavior is not right for them. People should not have to do what they don't want to do.

Masturbation is a kind of sexual behavior people can choose. It means touching or rubbing your own body to get good sexual feelings. This is a normal way for people of any age to express sexual feelings. Both males and females can choose this sexual behavior. Masturbation, like other kinds of sexual behavior, should be done in a private place.

****

ACTIVITY

What are 6 kinds of sexual behavior people can choose? For each kind of behavior, tell whether it is a choice that can be made alone or by a couple.

Sexual Behavior Choices	Choice Made Alone or by a Couple
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

****

WHAT THINGS AFFECT YOUR SEXUAL BEHAVIOR CHOICE?

There are many different kinds of sexual behavior from which a person can choose. Different kinds of sexual behavior are accepted in different parts of the world. People might choose different kinds of sexual behavior at different times in their lives. People use sexual behavior for pleasure, to have children, to show love or for other reasons.

There are many things that can affect your sexual behavior choices. Sometimes you make the choice by yourself. Sometimes you make the choice with someone else.

Your sexual behavior choice can be affected by:

---

*your morals and values
*your family
*your peers
*what people around you think is right
*another person

Your morals help you know what is right and what is wrong. Your values are based on morals. Things you think are important and right will help you make a choice. You should believe that the sexual behavior choice you make is right for you.

Your parents or family can affect your sexual behavior choice. Family values about sex can affect your values. Your parents may have given you some ideas about what kind of sexual behavior they think is OK. They may also have given you some ideas about the kind of sexual behavior they think is wrong.

Your peers can also affect your choices about sexual behavior. Sometimes peers can pressure people into making a choice that is not right for them.

People's ideas about sexual behavior are changing. Things that were not accepted several years ago are OK now. Your own choice can be affected by what people in your community approve or disapprove of.

****

ACTIVITY

What are four things that can affect your sexual behavior choice? List them below.

1. _____

2. _____

3. _____

4. _____

****

KEY IDEAS

SIX KINDS OF SEXUAL BEHAVIOR ARE KISSING, TOUCHING, INTERCOURSE, MASTURBATION, HUGGING AND PETTING.

PEOPLE HAVE THE RIGHT TO SAY "NO" TO ANY KIND OF SEXUAL BEHAVIOR.

SEXUAL BEHAVIOR CHOICES ARE MADE BY INDIVIDUALS OR COUPLES.

SEXUAL BEHAVIOR CHOICES CAN BE AFFECTED BY VALUES, FAMILY, PEERS AND PEOPLE AROUND YOU.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Kissing, hugging and intercourse are kinds of sexual feelings.

T F 2. When a couple make a sexual behavior choice, they should do what their friends think is OK.

T F 3. If people feel a kind of sexual behavior is not right for them, they can say "no."

T F 4. When people's friends talk them into having sex, their choice is affected most by their own values.

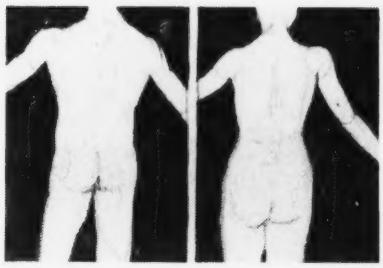
T F 5. Kissing, touching and intercourse are kinds of sexual behavior.

T F 6. When a couple make a sexual behavior choice, they should agree on the choice.

T F 7. If people feel a kind of sexual behavior is not right for them, they should try it anyway.

T F 8. When people's friends talk them into having sex, their choice is affected most by their peers.

****



Lesson 4

HOW DO PEERS AFFECT TEENAGERS' SEXUAL BEHAVIOR?

This lesson will help you to:

1. Explain how peers can affect sexual behavior choices.

DO YOU KNOW THESE WORDS?

---

peer - a person your own age
pressure - to urge someone to do something

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

peer _____

_____

pressure _____

_____

****

WHAT CAN PEERS DO TO AFFECT SEXUAL BEHAVIOR?

One thing peers may do is to help each other learn about sex. Many young people learn about how their bodies work from their peers. They may also learn about kinds of sexual behavior.

Young people often talk to each other about sex. They may have questions about sex they are afraid to ask someone else. Sometimes the answers they get from their peers are not correct. They may not know the answers to the questions either. A lot of the information about sex that peers share may be wrong. Wrong information about sex can cause problems for you.

You should be sure that you learn the right facts about sex. Your peers are not always the best source of these facts. Young people have many good sources of facts about sex. Some good places to learn about sex are:

---

*teachers
*parents or relatives
*doctors or nurses
*books
*magazines or booklets

****

ACTIVITY

John and Susan have just started to date. Neither of them knows very much about sex. Susan asked her friend Karen some questions about sex.

1. Is this a good way for Susan to learn about sex? Why or why not?

_____

_____

2. What are some good ways John can learn about sex? List four ways.

_____

_____

_____

_____

****

HOW DO PEERS AFFECT SEXUAL BEHAVIOR CHOICES?

Peers can affect teenagers' sexual behavior choices in a number of ways. Some of the ways they can do this are by:

---

*telling others about their own sexual behavior
*pressuring peers to act like they do
*pressuring someone they date
*urging others to use drugs or alcohol

Peers often tell others about their own sexual behavior. Some young people make up things about their sexual behavior that aren't true. They may brag about these made up things to others. They may do this to impress their friends. They want to seem grown up and important to their peers.

Young people want to act like their peers. They may choose some kinds of sexual behavior that aren't right for them. They may do this because they think their friends want them to. Some young people may choose to have sexual intercourse. They may think their friends are doing it. They may think they are the only ones who have not had intercourse.

Some young people who are not sexually active may be afraid to admit that they are virgins. They don't want their friends to think they are not wanted or not mature enough for sex. They may decide to have sex even if they don't really want to. They may have sex just so they can tell others. They want to be the way they think their friends are.

Young people may also be pressured by someone they date. They may feel they have to meet their date's sexual demands. They may be afraid of losing their date's interest if they don't. They may use sex to try to hold on to someone. A girl may feel she has to have sexual intercourse to show her love to a boy. A boy may feel he has to have intercourse to show he's a man. They may both think that other couples they know are having sexual intercourse. They may let their peers pressure them into making a choice they are not ready for.

Peers may urge others to use drugs or alcohol. They may tell other young people that drugs and alcohol make sexual behavior more enjoyable. Sometimes drugs or alcohol can affect a young person's sexual behavior choice. Young people who use drugs or alcohol may not be able to think clearly. They may not be able to make good decisions. They may choose sexual behavior they would not choose if they had not used drugs or alcohol.

****

ACTIVITY

There are four major ways peers affect others' sexual behavior choices. Tell which two you think might affect students at your school. Then tell why you think this happens.

Way Peers Affect Others	Why
1. _____	_____
_____	_____
2. _____	_____
_____	_____

****

KEY IDEAS

PEERS MAY GIVE ONE ANOTHER WRONG INFORMATION ABOUT SEX.

PEERS CAN AFFECT OTHERS' SEXUAL BEHAVIOR BY MAKING UP THINGS ABOUT THEIR OWN SEXUAL BEHAVIOR.

YOUNG PEOPLE CAN PRESSURE ONE ANOTHER INTO MAKING SEXUAL BEHAVIOR CHOICES THEY ARE NOT READY FOR.

PEERS CAN ENCOURAGE THE USE OF DRUGS OR ALCOHOL, WHICH MAY CAUSE YOUNG PEOPLE TO MAKE POOR SEXUAL BEHAVIOR CHOICES.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Learning about sex from peers is a good way to learn about sex.

T F 2. Young people who are trying to impress their friends are likely to tell the truth about their sexual behavior.

T F 3. People may make a sexual behavior choice they are not ready for because they know a lot about sex.

T F 4. Drugs or alcohol can affect sexual behavior choices by causing people to make poor choices.

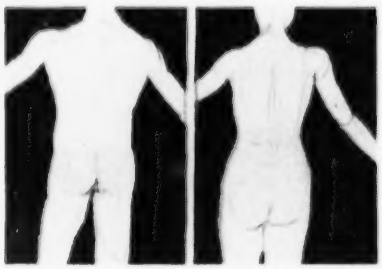
T F 5. Learning about sex from peers can give one wrong information.

T F 6. Young people who are trying to impress their friends are likely to make up things about their sexual behavior.

T F 7. People may make a sexual behavior choice they are not ready for because they want to be like their peers.

T F 8. Drugs or alcohol can affect sexual behavior choices by helping people think clearly.

****



Lesson 5

WHAT ARE THE RESPONSIBILITIES OF A MATURE SEXUAL RELATIONSHIP?

This lesson will help you to:

1. List the responsibilities of a mature sexual relationship.

DO YOU KNOW THESE WORDS?

---

birth control - ways to prevent pregnancy
intimate - very close relationship or feelings
permanent - lasting forever
responsibilities - things people must do
sexually transmitted diseases (STD) - diseases passed from one person to another through sexual contact
sexual relationship - a relationship between people who express sexual feelings for each other
symptoms - signs of disease
unplanned - not expected

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

birth control _____

_____

intimate _____

_____

permanent _____

_____

responsibilities _____

_____

sexually transmitted diseases (STD) _____

_____

sexual relationship _____

_____

symptoms _____

_____

unplanned _____

_____

****

WHAT IS A MATURE SEXUAL RELATIONSHIP?

A mature sexual relationship is the closest and most intimate relationship two people can have. This kind of relationship meets people's emotional needs. People show their inner feelings. People who have a mature sexual relationship make a commitment to one another. They share a sexual relationship because of their feelings for each other. People have mature sexual relationships for different reasons:

*to show their love for another person
*to receive the good feelings sex gives them
*to have children

People can meet each other's needs through sexual relationships. They have to know each other well to know each other's needs. Then they can meet these needs through their relationship.

WHAT RESPONSIBILITIES DO PEOPLE HAVE IN A MATURE SEXUAL RELATIONSHIP?

Choosing to have a sexual relationship involves responsibilities both for the couple and for each person. Both persons in a couple should agree on the choice to have sex. A couple needs to think about their feelings. They need to be honest with each other. They each need to decide if they are ready for a sexual relationship. They need to decide together what kind of sexual relationship they want to have. They need to decide where and when they will share their sexual feelings. They need to decide if this is the person with whom they want to share this intimate relationship.

****

ACTIVITY

List the three reasons why people might have a mature sexual relationship.

1. _____

2. _____

3. _____

****

WHY IS BIRTH CONTROL IMPORTANT?

A couple involved in a mature sexual relationship is responsible for learning about birth control. A couple risks pregnancy every time they have intercourse. It is up to the couple to think about birth control before they have intercourse. They must use birth control or not have intercourse if they do not want to have a baby. Both partners should take the responsibility for knowing about and using birth control.

There are many types of birth control. People use birth control to be able to:

---

*have sex without risking pregnancy
*plan when to have a child
*have the number of children they want
*have no children at all

There are several kinds of birth control for use by men and by women. Some kinds of birth control work better than others to prevent pregnancy. Some kinds of birth control are available only from a doctor. Others are available at a drugstore. Most kinds of birth control are not permanent. They are used by people who don't want a child now but may want one in the future.

A couple who does not want a pregnancy to occur should use birth control. Then there is less chance that an unplanned pregnancy will happen.

****

ACTIVITY

Which of these couples need to decide on a kind of birth control to use? Put a check in front of the ones who need to use birth control.

_____ A teenage couple who has been going steady for two years and decides to have intercourse.

_____ A young married couple who doesn't want to have children.

_____ A married couple who has a new baby and wants to wait two years to have another child.

_____ A married couple who wants to have a child as soon as they can.

****

WHAT ARE SEXUALLY TRANSMITTED DISEASES (STDs)?

Another responsibility that comes with a sexual relationship is to know about sexually transmitted diseases. STDs are diseases people can get through sexual contact with people who have these diseases.

People need to know the symptoms of these diseases. They need to know how to keep from getting them. They need to know what to do if they do get them.

People can get an STD by having sexual contact with someone who already has it. This sexual contact can be intercourse, kissing or touching the sex organs. Some STDs are not spread by sexual contact. However, sexual contact can make them worse. Most STDs cause some or all of these symptoms:

---

*sores or blisters on the penis or vagina
*fluids dripping from the penis or vagina
*itching or burning of the penis or vagina

Not all people who have an STD will have symptoms. Others may not recognize the symptoms. If you think you have had sex with someone who has an STD, see a doctor.

People who have had sexual contact and have these symptoms should see a doctor. Only a doctor can treat STDs. Most STDs can be cured by pills or shots. STDs that are not treated by a doctor can cause serious problems.

There are ways people can keep from getting STDs. A person should not have intercourse with anyone who has symptoms of an STD. A person with any of the symptoms should not have intercourse with anyone else. A person with these symptoms must be treated by a doctor to keep from giving it to anyone else.

People can get STDs more than once in their life. They must be treated each time they have the symptoms.

****

ACTIVITY

What symptoms can tell you that you might have a sexually transmitted disease? Put a check in front of the symptoms that tell you to see a doctor for treatment of STD.

_____ bruise on the arm

_____ sore on the penis

_____ headache once in a while

_____ fluid dripping from the penis

_____ itching and burning of the penis or vagina

_____ sneezing

_____ blisters on the vagina

****

KEY IDEAS

PEOPLE HAVE SEXUAL RELATIONSHIPS TO SHOW LOVE, TO FEEL GOOD AND TO HAVE CHILDREN.

A COUPLE NEEDS TO AGREE ON WAYS TO SHOW FEELINGS IN A MATURE SEXUAL RELATIONSHIP.

A COUPLE NEEDS TO KNOW ABOUT AND USE BIRTH CONTROL IF THEY DO NOT WANT A PREGNANCY TO OCCUR.

PEOPLE INVOLVED IN SEXUAL RELATIONSHIPS NEED TO KNOW ABOUT STDs.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Couples in a mature sexual relationship who do not want a pregnancy to occur should have intercourse.

T F 2. Diseases people can get through sexual contact with others are called VIPs.

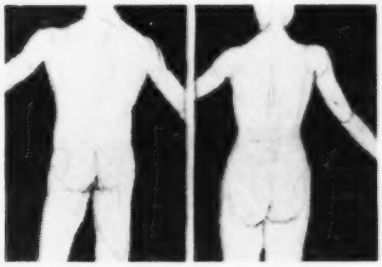
T F 3. Someone might have a mature sexual relationship to show love.

T F 4. Couples in a mature sexual relationship who do not want a pregnancy to occur should use birth control.

T F 5. Diseases people can get through sexual contact with others are called STDs.

T F 6. Someone might have a mature sexual relationship to look better.

****



Lesson 6

WHAT KINDS OF BIRTH CONTROL ARE AVAILABLE?

This lesson will help you to:

1. List kinds of birth control methods that may be used.

DO YOU KNOW THESE WORDS?

---

birth control - ways to prevent pregnancy
cervix - opening to the uterus
ovulation - release of an egg
permanent - lasting forever
prescription - medicine ordered for you by a doctor
uterus - place in a woman's body where the unborn baby grows
vaginal insert - a kind of birth control put into the vagina

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

birth control _____

_____

cervix _____

_____

ovulation _____

_____

permanent _____

_____

prescription _____

_____

uterus _____

_____

vaginal insert _____

_____

****

WHAT ARE SOME KINDS OF BIRTH CONTROL?

A pregnancy may begin when a couple has intercourse. A couple who does not want to have a baby needs to use birth control.

There are several kinds of birth control for use by men and by women. Some kinds of birth control work better than others to prevent pregnancy. Some kinds of birth control are available only from a doctor. Others are available at a drugstore. Most kinds of birth control are not permanent. They are used by people who don't want a child now but may want one in the future.

Some of the kinds of birth control that are available for people to use are:

---

*birth control pills
*IUDs
*condoms
*diaphragms
*foams, jellies and vaginal inserts
*sterilization
*rhythm

Birth Control Pills

Birth control pills are pills a woman takes daily to keep her from getting pregnant. Only a woman who has a prescription can take them. She can get a prescription from a doctor or a family planning clinic. A pill is taken at the same time every day. The pill prevents a woman from releasing an egg each month. Birth control pills work very well to prevent pregnancy if they are taken daily. A woman should stop taking birth control pills a few months before she wants to get pregnant. She should use another form of birth control during this time.

Some women may not feel well when they take birth control pills. They need to find a kind of birth control that is better for them. Tests have shown that it can be dangerous for some women to take birth control pills. The pills can cause health problems for some women. A doctor can help women who cannot take the pill decide on another kind of birth control.

IUDs

Another kind of birth control a woman can use is the IUD. An IUD is a small device a doctor places in a woman's uterus. When it is in place, it prevents pregnancy.

A doctor can help a woman decide if an IUD is a good kind of birth control for her. An IUD must be put in place in a doctor's office. It

is put into a woman's uterus through her vagina. It stays inside her body all the time. A string is attached to an IUD. The woman can feel the string to make sure the IUD is in place. It can be taken out only by a doctor. It can be taken out when a woman wants to become pregnant.

Some women have pain or cramps when they use an IUD. They may bleed from their vagina between periods. If this happens they should tell the doctor. A doctor can help them find another kind of birth control to use.

Condoms

A birth control method a man can use is called a condom or rubber. It is a thin rubber tube, shaped like the finger on a glove. It is unrolled to fit over a man's hard penis. It must be put on before intercourse. It must stay in place during intercourse. It stops sperm from going into a woman's vagina.

Condoms can be bought at a drugstore. They also are available at a family planning clinic. Condoms should never be used more than once. They may get holes in them and leak.

Condoms work better if the woman uses some kind of birth control at the same time. The kinds of birth control the woman can use are diaphragms, foams, jellies and vaginal inserts. They are not very effective methods to use alone. There is more chance to become pregnant when they are used alone. They work better if the man uses a condom when the woman uses one of these methods.

Diaphragms

A diaphragm is a small bowl-shaped piece of rubber. It fits over the cervix inside the woman's vagina. It keeps sperm from going into her uterus.

A woman can get a diaphragm from a doctor or a family planning clinic. She must be measured to get the right size. The woman puts the diaphragm in place in her vagina before she has intercourse. She needs to put a special

cream on the diaphragm before she puts it in place. It must be left in place for several hours after intercourse. A doctor will tell the woman how to use the diaphragm.

Foams, Jellies and Vaginal Inserts

Foams, jellies and vaginal inserts can be bought in a drugstore. They are placed in a woman's vagina before intercourse. They contain chemicals that kill sperm. They do not work well alone to prevent pregnancy. They can help prevent pregnancy if the man uses a condom when the woman uses one of these methods.

Sterilization

Sterilization means having an operation by a doctor so a person can never have a baby. It is a permanent kind of birth control. Both men and women can have this kind of operation. A man cannot get a woman pregnant after he has the operation. A woman cannot get pregnant after she has this operation.

This operation does not affect a person's sexual feelings or behavior. People can still have an enjoy sex.

People must be sure they do not want to have children before they choose to have this operation. They should think about it carefully before they decide.

Rhythm

Another way to prevent pregnancy is to avoid having intercourse during ovulation. This is often called the rhythm method of birth control. During ovulation is the time when it is easiest for a woman to become pregnant. It is hard for a woman to tell when she ovulates or releases an egg. Since she cannot tell for sure, this is not a very sure kind of birth control.

****

ACTIVITY

Match the birth control method with the group of words that tells something about that method. Put the letter of the group of words in the blank beside each method.

_____ birth control pills	a. fit over a man's erect penis
_____ condoms	b. keep a woman from releasing an egg
_____ diaphragms	c. contain chemicals that kill sperm
_____ foams and vaginal inserts	d. fit over a woman's cervix to keep sperm from entering her uterus

****

WHAT IS ABORTION?

Sometimes couples who do not want to become pregnant do not use birth control when they have intercourse. A pregnancy can happen. A pregnant woman who does not want to have a baby can have an abortion. An abortion is an operation a doctor does. It stops a baby from growing inside a woman's body. It removes the baby from her uterus. An abortion must be done early in the pregnancy.

There are many reasons a woman might choose to have an abortion. She may not be married and cannot give the baby a home. She may not be ready to be a mother. She may not want to or be able to care for the baby. The father may not want to care for the baby either.

Some people feel abortion is wrong. They feel that every baby has the right to live. Some religions teach that abortion is wrong. Other people feel it is the woman's choice to make. It is her body. She has the right to choose.

A couple who does not want a pregnancy to occur should use birth control. There is less chance that an unplanned pregnancy will happen. It won't be necessary to make a decision about abortion if other forms of birth control are used.

****

ACTIVITY

John and Sue have decided to have a sexual relationship. They do not want to have a baby. What can they do to help prevent an unplanned pregnancy. Check the things in the list below that they can do to prevent a pregnancy.

_____ use a condom when they have sex
_____ eat a candy bar
_____ go to a family planning clinic
_____ nothing - it won't happen to them
_____ always use birth control when they have intercourse

****

KEY IDEAS

BIRTH CONTROL METHODS WOMEN CAN USE ARE BIRTH CONTROL PILLS, IUDs, DIAPHRAGMS, FOAMS, JELLIES AND VAGINAL INSERTS AND RHYTHM.

A BIRTH CONTROL METHOD A MAN CAN USE IS A CONDOM.

STERILIZATION IS A PERMANENT TYPE OF BIRTH CONTROL FOR BOTH MEN AND WOMEN.

ABORTION IS AN OPERATION TO STOP A BABY GROWING INSIDE A WOMAN'S BODY AND TO REMOVE IT FROM HER UTERUS.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. A birth control method that keeps a woman's ovaries from releasing an egg is an I.U.D.

T F 2. A birth control method a woman can get and use without seeing a doctor is foams or jellies.

T F 3. A birth control method used by a man is the condom.

T F 4. A permanent kind of birth control is called a caesarean.

T F 5. An operation done to stop a pregnancy before the baby can live on its own is an abortion.

T F 6. A birth control method that keeps a woman's ovaries from releasing an egg is birth control pills.

T F 7. A birth control method a woman can get and use without seeing a doctor is a diaphragm.

T F 8. A birth control method used by a man is vaginal inserts.

T F 9. A permanent kind of birth control is sterilization.

T F 10. An operation done to stop a pregnancy before the baby can live on its own is a caesarean.

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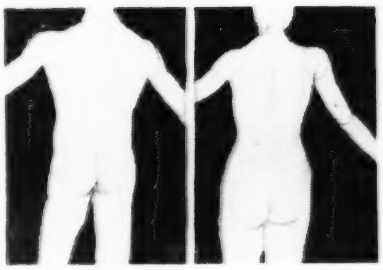

Lesson 7

WHAT ARE SEXUALLY TRANSMITTED DISEASES (STDs) AND INFECTIONS?

This lesson will help you to:

1. Identify symptoms of common STDs and infections.
2. Explain how STDs are spread from person to person.
3. List ways to keep from getting STDs.
4. List reasons STDs spread.

DO YOU KNOW THESE WORDS?

---

abdomen - area between the chest and the hips

caesarean - operation done to give birth to a baby by removing it through a cut in the woman's abdomen

communicable - spread from person to person

discharge - fluid that flows from a body opening

genital - area near the sex organs

labia - folds of skin around the vagina

Pap test - a test for cancer of a woman's sex organs

sterile - not able to start a pregnancy

symptom - sign of a disease

venereal - affecting the sex organs

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

abdomen _____

_____

caesarean _____

_____

communicable _____

_____

discharge _____

_____

genital _____

_____

labia _____

_____

Pap test _____

_____

sterile _____

_____

symptom _____

_____

venereal _____

_____

****

WHAT ARE STDs?

STDs are sexually transmitted diseases. They are a group of diseases that affect many people. Some STDs are called venereal diseases or VD. STDs affect people's sex organs. They can also affect other parts of the body if they are not treated. Anyone can get STDs. The greatest number of cases of STDs are in young people between the ages of 15 and 24.

STDs are communicable diseases. This means that STD germs are spread from one person to another. STDs are usually spread from one person to another by sexual contact. One sex partner passes the STD germ to the other. This happens most often during intercourse. STD germs also can be spread by touching the sex organs or kissing. Some STDs can also be spread without any sexual contact.

WHAT ARE SOME KINDS OF STDs?

There are many kinds of STDs. The three most common STDs that are spread by sexual contact are:

---

*syphilis
*gonorrhea
*herpes

Syphilis

People who get syphilis may have painless sores on the lips, penis, vagina or labia. These sores may appear 2 to 12 weeks after getting the disease. If the disease is not treated, the germs go deeper into the body. Later, a person with untreated syphilis may have a rash, sores and a sore throat and fever.

If a person is not treated, the syphilis germs stay alive in the body. The person may not have any symptoms but he or she still has the disease. The germs can damage many of the body organs. Syphilis can cause blindness, paralysis or insanity. It can even cause death.

A mother with syphilis can give the disease to her unborn baby. A baby born with syphilis may die. The baby may have serious birth defects.

Gonorrhea

Gonorrhea may have no early symptoms in some males. Most females do not have symptoms. It may be hard for people to tell if they have gonorrhea.

A male may notice a burning feeling when he urinates a few days after sexual contact. Then there may be a yellow discharge from his penis.

A female may also have a yellow discharge from her vagina. Women often have a discharge from their vaginas. They may not think this discharge is a symptom of gonorrhea.

Untreated gonorrhea can cause serious problems. Gonorrhea affects people's sex organs. It can cause men and women to become sterile. It can also cause arthritis, heart diseases and blindness. Gonorrhea can cause death.

Herpes

Herpes is another kind of STD. It may be the most common kind in the United States. Herpes may be spread by sexual contact. It can also be spread by touching things someone with herpes has touched.

The symptoms of herpes are groups of small fluid-filled blisters. The blisters may appear 2 to 20 days after getting the disease. A man's herpes blisters are usually on his penis. A woman's blisters are in her vagina or on her labia. Both men and women can have blisters on their lower bodies. The blisters hurt. The person may have a fever and feel sick.

Herpes blisters go away by themselves. They may never come back. The disease is still in the body. The blisters may come back at any time. They often appear during times of stress. People spread herpes to others only when they have the blisters.

Herpes will not kill an adult person who has it. If a pregnant woman has herpes, her baby may die if there are blisters in her vagina during birth. A pregnant woman who has herpes can have a caesarean so her baby will not be hurt by the disease.

Women who have herpes are more likely to get cancer of the cervix. It is very important for a woman with herpes to have a Pap test every year. A Pap test tells if she has cancer of the cervix.

****

ACTIVITY

What are the symptoms of STDs? Put the letter of the STD in the blank beside the symptoms for that disease.

_____ fluid-filled blisters	a. syphilis
_____ yellow discharge	b. gonorrhea
_____ painless sores on the lips, penis, vagina or labia	c. herpes
_____ burning feeling when urinating	

****

HOW CAN STDs BE TREATED?

Both syphilis and gonorrhea can be cured by a doctor. A doctor can give a person with these diseases pills or shots to cure the disease. They cannot be cured unless the person goes to a doctor for medicine.

Many times the symptoms of syphilis and gonorrhea go away. The germs are still in the body. It is important for people who think they may have these diseases to see a doctor. The doctor may ask for the names of people with whom the person has had sex. Then these people can be treated. They need to be treated before they spread the STD to someone else.

There is no cure for herpes. A doctor can give a person medicine to help but not to cure it.

HOW CAN PEOPLE KEEP FROM GETTING STDs?

Many people get STDs. People can keep from getting them. People who don't have intercourse have the best chance to keep from getting STDs. People should avoid sexual contact with a person they think might have an STD. A male can help prevent getting or spreading STDs by using a condom during intercourse. People can keep from getting STDs if they have sexual contact with only one person.

WHY DO STDs SPREAD?

Some people with STDs may not have any symptoms. Others may not recognize the symptoms. They don't know they should go to a doctor. They can spread the STD if they have sexual contact with someone.

Other people with STDs are embarrassed or ashamed to go to a doctor. They may feel guilty because they have an STD. Other people are afraid their parents or friends will find out. These people need to get treatment as soon as possible. They could spread the disease to others. Their bodies may be damaged if they are not treated.

****

ACTIVITY

Read about Mark.

Mark is a young single man. He has had intercourse with three women in the last month.

A few days ago, Mark had a burning feeling when he urinated. Today he has a yellow discharge coming from his penis.

Read the following sentences. Put a number 1 by the sentence that tells what you think Mark should do first. Put a 2 beside the second thing you think he should do. Put a 3 by the third thing Mark should do.

_____ Stop having sex.
_____ Go to a doctor to see if he needs treatment for an STD.
_____ Tell the doctor the names of the women with whom he had sex

Look at the sentence you marked number 1. Tell why you chose it to be the first think Mark should do. Tell what might happen if Mark did not do it first.

_____

_____

_____

****

WHAT ARE OTHER GENITAL INFECTIONS?

Many people get other kinds of infections in their genital area. These are called genital infections. Some of these infections are passed by sexual contact. Other infections may be caused by germs in the person's own body. These germs are not spread by sexual contact. But sexual contact can make them worse.

Some of these infections can cause itching, pain and discharge from the penis or vagina. They can be treated by drugs from a doctor. People with any of these symptoms should go to a doctor for treatment.

KEY IDEAS

STDs MAY CAUSE SORES, DISCHARGE, BLISTERS, ITCHING OR PAIN NEAR THE SEX ORGANS.

SYPHILIS, GONORRHEA, HERPES AND SOME GENITAL INFECTIONS ARE SPREAD BY SEXUAL CONTACT WITH A PERSON WHO HAS THE STD.

SOME GENITAL INFECTIONS ARE NOT SPREAD BY SEXUAL CONTACT.

WAYS TO HELP PREVENT GETTING STDs ARE:

- DO NOT HAVE INTERCOURSE
- USE A CONDOM
- HAVE ONLY ONE SEX PARTNER
- AVOID SEXUAL CONTACT WITH SOMEONE WHO MIGHT HAVE AN STD

STDs ARE SPREAD WHEN PEOPLE DON'T KNOW THEY HAVE AN STD OR THEY ARE AFRAID TO GET TREATMENT.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Common symptoms of STDs are sneezing and coughing.

T F 2. People get syphilis, gonorrhea and herpes from sexual contact with someone who has the disease.

T F 3. People with genital infections that are not spread by sexual contact should ignore them until they go away.

T F 4. A good way to keep from getting an STD is to get a shot to prevent these diseases.

T F 5. STDs are spread because people are afraid to get treatment.

T F 6. Common symptoms of STDs are sores and discharge from the sex organs.

T F 7. People get syphilis, gonorrhea and herpes from someone coughing or sneezing on them.

T F 8. People with genital infections that are not spread by sexual contact still need to see a doctor.

T F 9. A good way to keep from getting an STD is to have only one sex partner.

T F 10. STDs spread because there is no way to cure them.

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SEE YOUR TEACHER FOR THE UNIT TEST.

Parent Education Workbook for Mainstreamed Students

The fourth module in the Contemporary Parenting Choices Series from the Iowa State University Press, *Parent Education Workbook for Mainstreamed Students*, is designed to present parenthood education information to mentally and/or learning disabled students in high school home economics classes.

It contains 12 units, each in a work/text format that offers lessons and lesson objectives, vocabulary, appropriate reading materials, suggested evaluation items for use with each, and an annotated bibliography of supplementary materials.

They provide instruction in 12 major topic areas: self-awareness, relationships, sexuality, living situations, marriage, the decision to parent, pregnancy, growth and development of children, parenting skills, adolescence, the work world, and child care job skills.

A teachers manual explains the development of each of these major topic areas, details characteristics of mentally and learning disabled students, and provides methods and strategies for working with these students.

Parent Education Workbook for Mainstreamed Students was developed by members of the Iowa State University Department of Home Economics Education under the direction of Jerelyn Schultz and the auspices of the Iowa Department of Public Instruction.

THE DECISION TO PARENT: A TEACHING GUIDE, the first in a series of modules devoted to contemporary parenting, is directed toward teachers and counselors of teenagers to make them aware of the parenting choices available to them and to prevent unwanted pregnancies.

After completing the study outlined in this first module the student should be able to appraise the variety of responsibilities involved in being a parent and utilize the decision-making process in determining if and when to become a parent.

It implements Public Law #94-492 (1976) that requires the teaching of family living, parenting skills, and child development and guidance in vocational home economics programs.

It is edited by Jerelyn Schultz, assisted by Penny Ralston, Barbara Rougvie, and Margaret Jan Kelly, all of the Iowa State University Department of Home Economics Education. (1980. ISBN 0-8138-1595-9. Paper, comb binding.)

SEXUALITY AND THE ADOLESCENT: A TEACHING GUIDE, the second in the series, is designed for use by teachers, counselors, and others who work with adolescents in the area of sexuality education.

It focuses on the effect of adolescent growth and development on teenagers' self-concepts, the influence of interpersonal relationships within and outside the home on sexual attitudes and behavior during adolescence, and the stages of pregnancy and the decisions to be considered in each.

A broad, sensitive approach to sexuality education, this module addresses feelings, values, experiences, relationships, and how the individual views himself or herself as male or female. Additional topics include the traditional sexuality education concepts such as human physiology and birth control.

Editor Jerelyn Schultz was assisted by Penny Ralston, Barbara Rougvie, Margaret Torrie, and Jillian Boyd, all of the Iowa State University Department of Home Economics Education. (1981. ISBN 0-8138-1616-5. Paper, comb binding.)

PARENTING TODAY: A TEACHING GUIDE, the third module in a series on contemporary parenting, is designed to help teachers assist adolescent youth to become more knowledgeable about what is involved in parenting children.

Six major areas where skills are identified and emphasized are: (1) fostering children's maturation through knowledge of child growth and development; (2) providing an environment that encourages growth and development; (3) maintaining effective parent-child communication; (4) guiding the behavior of developing children; (5) showing parental love and affection to children; and (6) managing available human and material resources.

Parenting Today: A Teaching Guide was developed under the direction of Jerelyn Schultz, assisted by Margaret Torrie, Barbara Rougvie, Jillian Boyd, and Maxine Hammonds of the Iowa State University Department of Home Economics Education, with the cooperation of the Iowa State Department of Public Instruction. (1984. ISBN 0-8138-0358-6. Paper, comb binding.)

THE IOWA STATE UNIVERSITY PRESS / AMES, IOWA 50010 ISBN 0-8138-2502-4